

ESSENTIAL INFORMATION PERU, ECUADOR & THE GALÁPAGOS

PASSPORT AND VISA INFORMATION

Your passport needs to be valid for at least six (6) months after your journey and should have a minimum of two (2) blank visa pages for entry and exit stamps.

Holders of U.S. and Canadian passports are not required to obtain a tourist visa for entry into Peru or Ecuador for stays of up to 90 days.

Our partner VisaCentral offers easy, efficient U.S. passport and visa processing. Visit them online at visacentral.com/abercrombiekent or call 844 823 1224 and reference A&K's account number 73001. Service fees apply.

Citizens of other countries should contact the appropriate consular office for entry requirements pertaining to their journey.

VACCINATIONS

There are no vaccinations required to enter Peru.

A yellow fever vaccination is only required to enter Ecuador *if* you are arriving from or have transited through a yellow fever endemic area in South America or Africa. The CDC and WHO each provide a current list of all affected countries. If vaccination for yellow fever is necessary, you must carry an International Certificate of Vaccination provided by your physician; you may be denied entry without it.

If your physician advises against receiving the vaccination because of your personal medical history, he or she can provide you with the necessary documentation for the country/countries you are visiting.

STAY HEALTHY ON THE ROAD

If your journey includes travel to high-altitude Andean destinations in Peru or Ecuador, you may experience altitude sickness. Please consult your healthcare provider for suggestions on prevention and treatment.

Note for flights from mainland Ecuador to Galápagos: Women who are seven (7) months pregnant and travelling to the Galápagos are required by the airline to present a medical certificate issued within ten (10) days of the flight date that confirms that there is no risk of travelling by air from the port of origin to the destination as well as a document releasing the airline from any liability. Travel to the Galápagos for women in advanced stages of pregnancy is not recommended as the cruise activities may be too strenuous.

CASH & CREDIT CARDS

The U.S. dollar is as readily accepted throughout Peru as the local currency. However, notes should be clean and in good condition since foreign bills will be closely examined by merchants and anything that looks suspicious will be rejected. When leaving a small gratuity however, it is best to tip in local currency. Most stores and restaurants prefer cash. Credit card usage may be limited outside of Lima. Carrying dollars in smaller denominations will facilitate your transactions. ATM access is available in limited locations in major cities and many dispense \$20 bills.

Ecuador's currency is the U.S. dollar; however, coins are minted and accepted only in Ecuador. Most merchants and banks will not accept \$100 bills due to counterfeiting schemes. Be sure to carry a supply of new, crisp bills in small denominations of \$5, \$10, \$20 or \$50. Major credit cards

are generally accepted in larger cities in shops, hotels and restaurants. ATM access is available in larger cities.

OF SPECIAL NOTE: PERU

Domestic Flights

Domestic flights within Peru are often affected by unseasonable weather patterns which can affect flight schedules on short notice. As a result, A&K guests on tours within Peru may experience some delays and possibly flight cancellations during their tour. In the event of such an occurrence on your tour, local A&K staff will do everything to assist you in booking alternate flights or making other travel arrangements (if necessary). However, any additional expenses incurred due to regional flight cancellations are the responsibility of the traveller and will need to be paid directly to the airline and/or hotel. You will need to claim any expenses for these arrangements with your travel insurance company upon your return.

In order to secure your domestic airline tickets, train tickets and entrance into Machu Picchu, as well as tickets for the optional Huayna Picchu hike, Abercrombie & Kent requires a copy of your passport information at time of booking confirmation.

Machu Picchu Regulations

The National Institute of Culture (INC) and the Machu Picchu Historical Sanctuary Management Unit (UGM) restrict the number of visitors to the citadel at Machu Picchu (2,500 per day). The number of people who may hike Huayna Picchu is also restricted (250 per shift). These regulations are designed to minimize the damage to the ruins and terrain and to conserve this historical resource. Entrance times are split between morning and afternoon shifts and tickets limit the time permitted at the site. Visitors may only access the site in the company of a guide in the morning from 6:00 a.m. to 12:00 noon or in the afternoon from 12:00 noon to 5:30 p.m. In order to ensure you have access to Machu Picchu and and/or hike Huayna Picchu, tickets must be purchased in advance of your arrival. If you wish to hike to Huayna Picchu, you should advise A&K at time of booking so that arrangements can be made for you to participate in this activity. Tickets are subject to availability. Tickets are not required for the Inti Punku hike (about one-hour round trip). Rules are subject to change or be re-defined at any time.

Hikes up the mountain are permitted twice a day at 7:00 a.m. or 10:00 a.m. Hikers sign in prior to beginning the hike and sign out on their return. The path was originally built by the Incas and is comprised of uneven stone steps that ascend steeply in a switchback pattern up the mountain. The hike is tiring due to the altitude; however the views over Machu Picchu at the lookout points are rewarding. In total, the hike takes approximately three hours (ascent and descent). Elevation at the summit is 8,858 feet above sea level and the hike is approximately 0.5 miles long with a vertical elevation gain of 900 feet. Level of difficulty: Difficult (mountain hikers need to be fit.)

Please note that if you will be using professional photographic equipment in Machu Picchu, you are required to obtain special authorization and pay a fee (currently US\$360.00). Use of tripods is not allowed at Machu Picchu without a permit. Authorization may take up to 20 days and should be arranged well in advance of your arrival. In addition to the fee, you will need to provide Abercrombie & Kent with your dates of travel, passport details along with the model numbers and brand names of your cameras and photographic equipment. These restrictions are for professional photographers; however, INC officials (Peruvian Institute of Culture) at Machu Picchu may not always distinguish between standard high-end camera equipment and professional camera equipment. If you will be carrying more than one camera or any specialized lenses, please advise your guide in advance. To avoid problems, you may choose to keep these in your daypack or a small bag and carry only a smaller camera into the site.

Niños del Arco Iris (Children of the Rainbow) Visit

Guests whose itinerary includes a visit to *Niños del Arco Iris* (Children of the Rainbow), a project supported by A&K Philanthropy, may choose to pack some small items to give as gifts.

Suggested items include toothpaste, toothbrushes, towels and soap. Please liaise with your Tour Director for the appropriate protocol on gift-giving.

OF SPECIAL NOTE: GALAPAGOS ISLANDS

Scuba Diving

Scuba diving may be available to qualified guests with an open-water diving certificate (PADI, NAUI, CMAS or other). Availability is dependent on your cruise itinerary and National Park restrictions. Optional scuba diving excursions are operated by local dive companies, not Abercrombie & Kent. Dive times, locations and frequency are at the discretion of the Dive Master and are determined by the guest's diving experience and by the environmental conditions on that day. If you are interested in scuba diving while in the Galapagos, please ask your Travel Consultant for details.

Galápagos Islands Arrival Regulations

Non-native plants and animals pose one of the biggest challenges to the conservation of the Galápagos Islands. **Make sure that your shoes are free of soil and/or seeds.** On arrival at Baltra or San Cristobal airports your footwear is inspected to prevent any invasive and potentially destructive species from entering the islands. The Galápagos Inspection and Quarantine System (SICGAL) is responsible for this inspection. There is a US\$20 per pair fee that is charged if the inspector determines your footwear needs to be cleaned before you continue on your Galápagos trip.

In order to protect marine and wildlife and their habitats, the Galápagos Governing Council has banned single-use plastics in the Galápagos Islands. This includes plastic straws, single-use plastic bags, Styrofoam take-out containers and plastic bottles. Guests are advised to pack according to the new restrictions. If you are bringing a water bottle, pack the reusable type. Remember that in order to enter the islands, every piece of luggage is thoroughly inspected and banned items will be taken away.

PACKING LIST & BAGGAGE RESTRICTIONS PERU, ECUADOR & THE GALÁPAGOS

BAGGAGE RESTRICTIONS

On domestic flights within Peru and Ecuador, each traveller is limited to one (1) checked bag weighing 50 pounds (23 kilograms), with linear dimensions (height+width+depth) not to exceed 62 inches (158 centimeters). In addition you may bring one (1) personal item (such as a purse or laptop) and one (1) carry-on weighing up to 17 pounds (8 kilograms), maximum dimensions not to exceed 21 inches (55 centimeters) x 13 inches (33 centimeters) x 9 inches (25 centimeters) (height, depth and width), including the pockets, wheels and handle.

It is recommended that you do not pack important and/or fragile items in your carry-on bag and bring a small padlock in the event your carry-on bag is stored as checked luggage due to limited space in the overhead bins.

In addition to your carry-on bag, you may bring one personal item no larger than 18 inches high (45 centimeters) x 14 inches wide (35 centimeters) x 8 inches (20 centimeters) deep, which must fit under the seat in front of you. Carry important items and documents with you as a personal item.

Baggage on trains to and from Machu Picchu is limited to one (1) bag or backpack not to exceed 11 pounds (5 kilograms) and linear dimensions of 62 inches (158 centimeters). Luggage storage may be arranged, if necessary, with your guide. Depending on your itinerary, tagged luggage can be stored at your hotel in Cusco until you return from Machu Picchu. (Additional costs may apply.)

When visiting Machu Picchu, please note any type of bag/backpack measuring more than 15.7 inches (40 centimeters) x 14 inches (35 centimeters) x 8 inches (20 centimeters) is not permitted, and must be placed in storage (near the entrance of the citadel).

Please use the provided A&K luggage tags, even if your bags already have ID tags. This makes it easier for A&K staff to find and manage your luggage for you.

PACKING LIST

Choose versatile, casual clothing that can be layered if the weather (or level of air-conditioning) requires. Shorts, tee shirts and similar clothing will be appropriate for many activities and for everyday wear on board most Galápagos cruise boats. Light cotton slacks with long sleeved shirts will offer protection from the sun and dense vegetation (also good for cooler evenings or walks in the highlands). Light and neutral colors are best; black, navy or other dark colors tend to attract insects.

Galápagos cruise vessels generally have snorkeling gear for all passengers; however, if you use fins smaller than a size 6-7 or larger than a size 10-11 we recommend that you bring your own.

If visiting Amazon regions, expedition-type ventilated long-sleeved shirts and pants (including some pants with zip-off legs that convert long-pants into shorts) are recommended.

Smart casual attire is appropriate for evenings. Meals on board Galápagos ships are generally a casual affair, though on some vessels, shorts should not be worn to dinner. Formal clothing is not necessary.

Clothing

- Casual slacks
- Walking shorts
- Polo shirts, casual short-sleeve shirts or blouses
- Long sleeve shirts or blouses
- Lightweight raincoat or poncho
- Personal garments
- Sweater or lightweight fleece jacket (from June to September it can be cooler in the early morning hours)
- Swimwear/cover-up
- Comfortable walking shoes with low or no heels
- River sport walking shoes or sandals such as Tevas®
- Waterproof, lightweight, well-broken in hiking boots for trekking activities in Andes, Galapagos or Amazon (if applicable)
- Socks
- Wide-brimmed sunhat that ties on

Other Recommended Items

- Sunglasses with strap
- Sun block (bio-degradable and eco-friendly is recommended) and lip balm
- Simple first-aid kit
- Prescriptions and medications (in their original bottles and/or packaging)
- Mosquito repellent
- Extra eyeglasses/contact lenses
- Smartphone
- Charging cables for electronics
- Global travel adapter

Optional Items

- Small LED flashlight
- Foldable walking stick
- Lightweight binoculars
- Small waterproof daypack

Laundry service is available at most hotels and dry cleaning is available in larger cities. Check costs and return times before using these services.

TIPPING GUIDELINES PERU, ECUADOR & THE GALÁPAGOS

While decisions regarding tipping rest entirely with you, we suggest the following gratuities (noted in U.S. dollars) depending on the type of journey:

	All Small Group Journeys and Pre/Post Tour Extensions	Tailor Made and Signature Journeys
Resident Tour Director or Group Extension Guide	\$15 per person, per day	Not applicable
Local Guides	Included	\$15 per person, per day (full day)
Drivers	Included	\$10 per person, per day (full day)
Airport Transfer Drivers	Included	\$5 per person, per transfer
Hotel Porters	Included	\$2 per bag
Cruise vessels	Included	\$10-\$15 per person, per day – Gratuities accepted on board the boat and shared among the staff.
Naturalist guides on board cruise vessels	Included	\$15 per person, per day – Gratuities accepted on board the boat and shared among the guides.
Housekeepers	Included	\$2 per person, per night
Included Meals	Included	Included
Restaurants or Room Service on Own	10-15% unless already added	10-15% unless already added

For extra nights or Tailor Made services added to a Small Group Journey, please follow the Tailor Made Journeys guidelines for these days only.